

Clap impulse

Partner exercise

Description

All participants stand in a circle. One person starts and sends a 'clapping signal' to any other participant by looking at him/her, saying his/her name aloud and clapping. Important: Always make eye contact and point clearly to the recipient with the clapping hands. This is important so that the signal arrives cleanly, especially when the speed is increased later. The receiver sends the clapping signal to the next person and so on. The goal of the exercise is to get into a "flow" as a group: that is, everyone is highly attentive, but at the same time loose and relaxed. Passing on the signal happens automatically and without thinking. The fact that the flow has been achieved is shown by the fact that the clapping becomes a steady rhythm.

Material/wall

Masking tape

Free space (yoga room)

Therapeutical themes

Getting to know each other/group cohesion, concentration, communication

Key questions

Where were you with your attention? How do you feel after the exercise?

Variations

The clapping signal is not passed on to any participant, but wanders around the circle - everyone passes it on to their neighbour. This is useful as an introductory variant. However, there is a risk that the participants "switch off" after their turn and are not concentrated the whole time. In addition, the direction can be changed during double clapping, or players can "duck away".

In addition to clapping, words can also be sent, e.g. Sipp, Puff, Zapp, Pling, Tschak,...

Tips

Relaxed posture, flexible hip, slightly bend knee, open body language, do not forget to smile.

For the first round a masking tape with names can be applied, which can be removed subsequently.